

16.

Sunshine or Storms?

OBJECTIVE: Help the family bring more sunshine and good feelings into the household.

TIME: 10 minutes

MATERIALS:

Sunshine or Storms? Handout

TALKING POINTS:

Every home has a climate. Some households feel cloudy, with frequent storms. Other homes feel radiant with sunshine. The good news is that, like the sun outside, sunshine inside your home is free!

ACTIVITY:

Ask the class to think about the following two questions:

- **How often per week do you find yourself storming?**
- **How often do cold tensions cool off your home?**

Pass out the handout and have the participants spend 5 minutes completing the form.

GROUP DISCUSSION:

- What are some ways you can increase the Sunshine in your homes?
- What are some benefits of Sunshine?

Adapted, with permission from the Power of Two Marriage Skills Workshops by Heitler and Hirsch. See www.PowerOfTwo.org.
